

Preventive care is an important step in your wellness journey

Even if you feel well, you need to get your, annual check-ups . Preventive care visits are an important part of maintaining your overall health and wellness and can help diagnose health conditions before they become serious concerns. If you are enrolled in a HealthSelect of Texas® medical plan, including Consumer Directed HealthSelectSM, you can get preventive care at no out-of-pocket cost as long as you visit an in-network provider.

HealthSelect of Texas participants must have an in-network primary care provider (PCP) on record with Blue Cross and Blue Shield of Texas (BCBSTX) to get the highest level of benefits and have preventive care covered at 100%.

For more information, visit the Preventive Care page on the HealthSelect website.

If you need help scheduling your annual preventive check-up, call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday-Friday 7 a.m.-7 p.m. and Saturday 7 a. m.-3 p.m. CT.

READ ABOUT GAIL'S JOURNEY TO WELLNESS:



Gail needs to find a new in-network PCP so she can get her annual preventive check-up. She calls a BCBSTX Personal Health Assistant at the phone number on the back of her medical ID card.

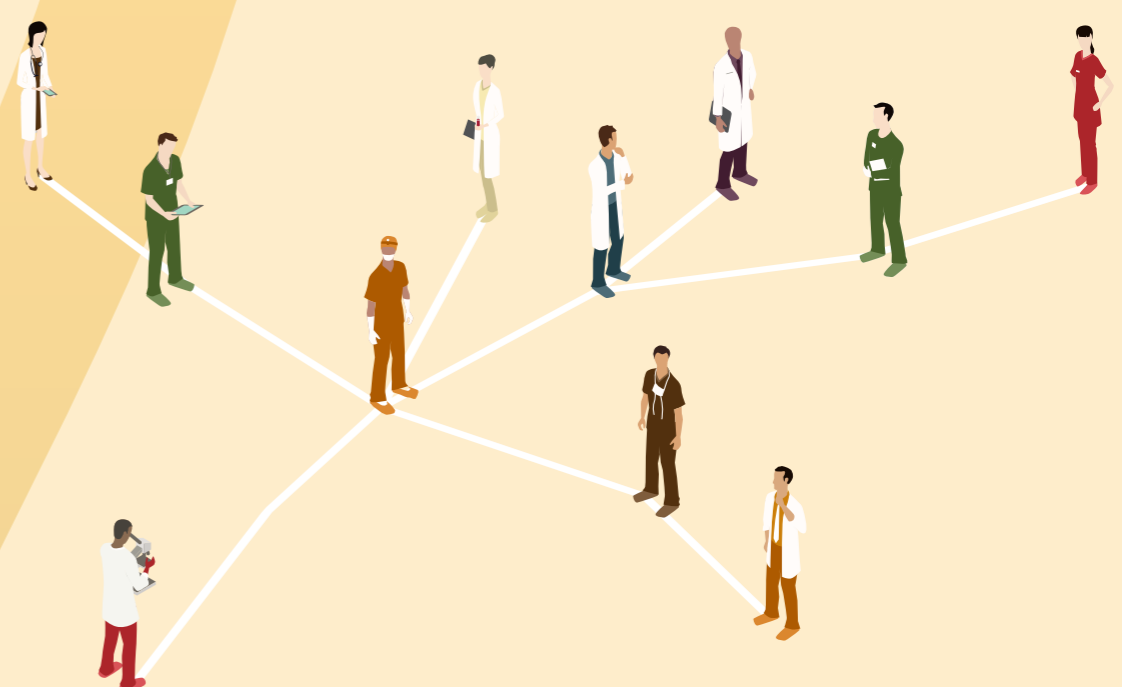
30 miles

99%
of HealthSelect participants live within 30 miles of a PCP.



More than **15,000 PCPs** are in the HealthSelect network.

Susan, the BCBSTX Personal Health Assistant, helps Gail choose a PCP and even helps her schedule her annual check-up.



Preventive care is covered at 100%, so Gail won't pay anything out of pocket for her annual check-up.



An in-network preventive care visit costs **\$0**



2,500 Blue PointsSM for completing the Health Assessment!

Gail's annual check-up helps her stay informed about her health. She uses the results of her check-up to complete her Health Assessment in Well onTarget®. The Health Assessment helps her track her overall health and offers resources to help her stay healthy.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelectSM.

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